

ha-umai rog maanukh ka-o deenaa

B'raumhl w 5] (1140-16)	bhairo mehlaa 5.	Bhairao, Fifth Mehl:
hamYrgumwK kaudlnw]	ha-umai rog maanukh ka-o deenaa.	Mankind is afflicted with the disease of egotism.
kwm rōg mgl ubis l lnw]	kaam rog maigal bas leenaa.	The disease of sexual desire overwhelms the elephant.
idlsit rōg pic meypqlyw]	darisat rog pach mu-ay paṭangaa.	Because of the disease of vision, the moth is burnt to death.
nwd rōg Kip geykrlyw]1]	naad rog khap ga-ay kurangaa. 1	Because of the disease of the sound of the bell, the deer is lured to its death. 1
j oj odlsYsōsōrgl]	jo jo deesai so so rogee.	Whoever I see is diseased.
rg rihq myrw siqgruj gl]1] rhwaU]	rog rahit mayraa satgur jogee. 1 rahaa-o.	Only my True Guru, the True Yogi, is free of disease. 1 Pause
ij hvw rōg mlnuglsAwno]	jihvaa rog meen garsi-aano.	Because of the disease of taste, the fish is caught.
bwsn rōg Bvrubnswno]	baasan rog bhavar binsaano.	Because of the disease of smell, the bumble bee is destroyed.
hq rg kw sgl stbrw]	hayt rog kaa sagal sansaaraa.	The whole world is caught in the disease of attachment.
iqibiD rg mih bDyibkrw]2]	ṭaribaDh rog meh baDhay bikaaraa. 2	In the disease of the three qualities, corruption is multiplied. 2
rgymrqw rgyj nml]	rogay martaa rogay janmai.	In disease the mortals die, and in disease they are born.
rgy iPir iPir j nI BrmY]	rogay fir fir jonee bharmai.	In disease they wander in reincarnation again and again.
rg bD rhnwrql n pwl]	rog banDh rahan raṭee na paavai.	Entangled in disease, they cannot stay still, even for an instant.
ibnw siqgr rguqih n jwY]3]	bin satgur rog kaṭeh na jaavai. 3	Without the True Guru, the disease is never cured. 3
pwrbhim ij suklnI dieAw]	paarbarahm jis keenee da-i-aa.	When the Supreme Lord God grants His Mercy,
bwh pkiV rghukif l ieAw]	baah pakarh rogahu kadh la-i-aa.	He grabs hold of the mortal's arm, and pulls him up and out of the disease.
qity bDn swDskypwieAw]	ṭootay banDhan saaDhsang paa-i-aa.	Reaching the Saadh Sangat, the Company of the Holy, the mortal's bonds are broken.
khunwk gir rguimtwieAw]4]7]20]	kaho naanak gur rog mitaa-i-aa. 4 7 20	Says Nanak, the Guru cures him of the disease. 4 7 20